

# DINNERLY



## Feed A Crowd: Middle Eastern Veggie Soup

Same Meal Price, More Servings!



35 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



## WHAT WE SEND

- 2 carrots
- 3 celery stalks
- 2 x 400g chickpeas
- 2 vegetable stock cubes
- 20g Moroccan seasoning <sup>17</sup>
- 2 x 200g tomato passata
- 2 x 2 wholemeal rolls <sup>1,6</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 500ml (2 cups) boiling water
- 2 tbs olive oil
- 1 tbs plain flour <sup>1</sup>
- 1 tbs honey

## TOOLS

- large saucepan with lid
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 420kcal, Fat 11.8g, Carbs 58.2g, Proteins 13.0g



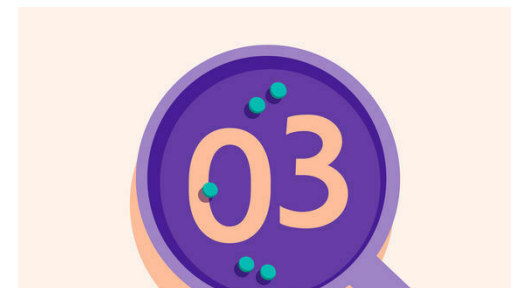
### 1. Prep ingredients

Preheat the oven to 180C. Quarter the **carrots** lengthwise and thinly slice. Thinly slice the **celery**. Crush or finely chop **2 garlic cloves**. Drain and rinse the **chickpeas**. Crumble the **stock cubes** into a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve.



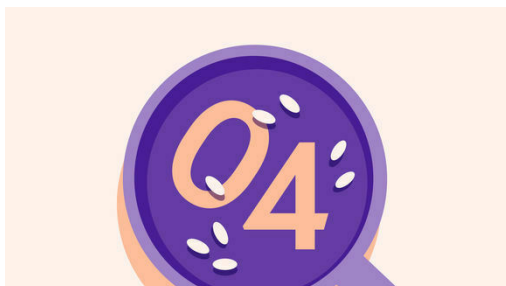
### 2. Start soup

Heat **2 tbs olive oil** in a large saucepan over medium heat. Add the **carrot, celery** and **garlic** and cook, stirring, for 3 mins or until starting to soften. Add **2 tbs Moroccan seasoning** (see Feed A Crowd) and **1 tbs plain flour** and cook, stirring, for 1 min or until fragrant and golden.



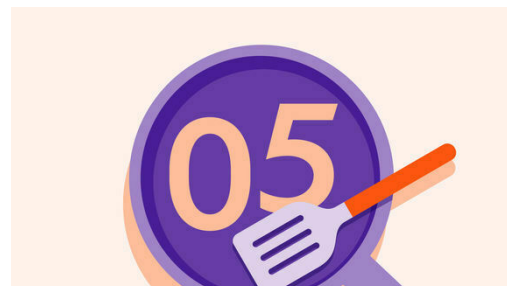
### 3. Simmer soup

Add the **chickpeas, passata, stock, 500ml (2 cups) water** and **1 tbs honey** to the veggie mixture and stir to combine. Bring to the boil, then reduce the heat to medium and cook, covered, for 15 mins or until the soup is slightly thickened and the veggies are tender. Taste, then season with **salt and pepper**. Remove the pan from the heat.



### 4. Warm rolls

Meanwhile, put the **rolls** on an oven tray and bake for 5 mins or until warmed through.



### 5. Serve up

Divide the **soup** among bowls. Serve with the **warm rolls** and enjoy!



### 6. Feed A Crowd

Our Moroccan seasoning has a slight chilli kick. If you aren't keen on too much chilli or you have little ones, adjust the amount to taste.